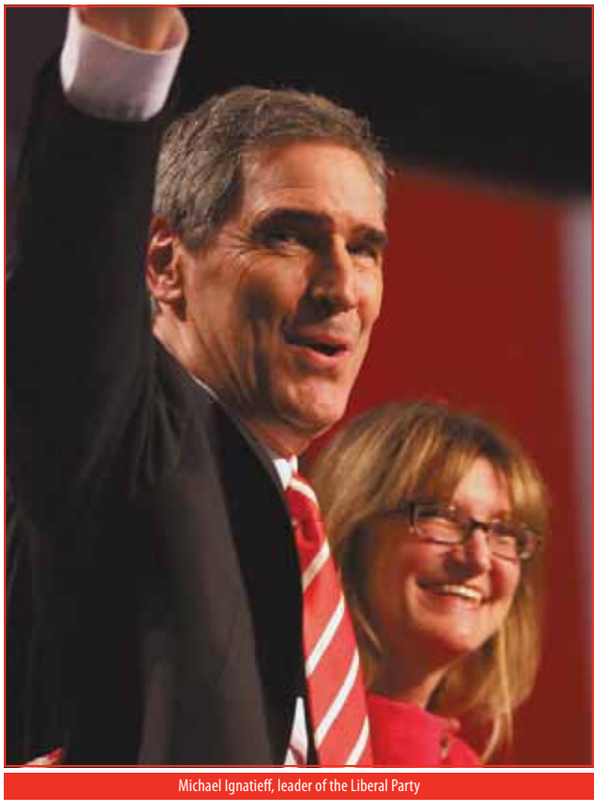
VANCOUVER metro®

Monday, April 4, 2011
www.metronews.ca

News worth sharing.

It's time for a leader who will do something to help your family.



Michael Ignatieff, leader of the Liberal Party

Presenting the new Liberal Family Pack

1. Learning Passport
2. Early Childhood Learning and Care
3. Family Care
4. Stronger Public Pensions
5. Green Renovation Tax Credit

To find out how the new Liberal Family Pack will help your family, turn the page.

Liberal

Your family. Your future. Your Canada.

Visit www.liberal.ca

The *New* Liberal Family Pack

"We can strengthen families – without raising your taxes – if we stop corporate give-aways, control wasteful spending like $30-billion fighter jets, and focus on what really matters: giving every Canadian the tools to succeed in the years ahead." - Michael Ignatieff

1 Learning Passport

- $1,000 a year over four years $4,000 in total into an RESP for every high school student to use when they go to college or university.
- For students in low income families, the amount will be $1,500 a year, or an extra $6,000 in total.

2 Early Childhood Learning and Care

- To give our kids the best start while giving parents access to affordable, quality child care, a Liberal government will create a new Early Childhood Learning and Care Fund.
- This fund will help create new child care spaces across Canada, with affordable fees, and qualified, professional staff.

3 Family Care

- A new Family Care Employment Insurance Benefit, similar to EI parental leave, to let you take six months off work to care for a gravely ill family member at home.
- A new Family Care Tax Benefit up to $1,350 annually, modeled on the Child Tax Benefit, to help low-and middle-income families manage costs.

4 Stronger Public Pensions

- Work with the provinces and territories to gradually expand the Canada Pension Plan (CPP), the most reliable, simple and low-cost way to save.
- A new Secure Retirement Option, which is a voluntary supplement that will let you top up your CPP. The SRO will make it easy to save for your retirement without the risk, costs and complexity of the stock market or RRSP's.
- Help low-income seniors with a $700 million boost to the Guaranteed Income Supplement (GIS).

5 Green Renovation Tax Credit

- A Liberal government will implement a Green Renovation Tax Credit of up to $13,500.
- This fund will help families with the up-front costs of energy-saving home renovations such as installing energy-efficient windows, improving insulation, replacing old appliances, and upgrading roofing.

Libéral

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SWEETEN UP YOUR PORK CHOPS WITH APPLES, RAISINS {page 10}

LEGACY
THE ECHO OF BRIT'S SEXUALIZED INNOCENCE {page 9}

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News worth sharing.

Reward for tips

Wendy Ladner-Beaudry was murdered mid-day while running near 41st Avenue entrance to Pacific Spirit Park on April 3, 2009 Police have ID'd 200 persons of interest in case

KRISTEN THOMPSON
@METRONEWS.CA

Two years to the day after Wendy Ladner-Beaudry was murdered, her family announced it's offering a $30,000 reward for information leading to the arrest and charge of whoever is responsible for her death.

Former city councillor Peter Ladner and his sister Nancy Edmonds, who made the announcement at Pacific Spirit Park yesterday, said the reward expires on June 30.

Ladner said the short time frame is meant to create a sense of urgency in getting new leads.

"There is someone out there who knows about this crime," added Edmonds. "Help make this city safer for all women."

RCMP Sgt. Peter Thiessen said 12 to 15 officers are working full-time on the investigation.

For more news, visit metronews.ca/vancouver

KRISTEN THOMPSON/METRO

▶ Peter Ladner, right, and RCMP Sgt. Peter Thiessen near Pacific Spirit Park yesterday.

Local

Street eats to expand

City announcing more food cart vendors today New TV show embracing mobile food phenomenon {page 3}

Curlers stay perfect

Canada's Stoughton fends off Germans {page 15}

Sheen stage show flops

Detroit audience walks out, demands refunds {page 7}

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Healthy Habits breeds happiness

Helen's resolve to become healthier began a few months ago with the simple plan to walk more and eat better.

Now she's halfway through a 12-week fitness and health program at the YWCA — one of only 10 people chosen from a list of 130 — and said it's changing her life.

"It's phenomenal, I feel so lucky to have this opportunity," said Helen, who did not want her last name published.

"Just having that group of people to work with you is really helpful."

The YWCA's Healthy Habits For Healthy Lifestyles program pairs fitness instructors and UBC human kinetics students with participants.

Instructor Aiste Ulozaite said the goal is to give participants the tools to continue living a healthier life after the program finishes.

Helen said she's learned how to fit exercise into her life, and make it fun, to boot.

"I'm doing this for myself and not for anybody else," she said.

KRISTEN THOMPSON

Blog

- Aiste and Helen are blogging for Metro about the program, while providing fitness tips and nutrition advice. Visit YWCA's Healthy Habits blog at metronews.ca/vancouver.

PHYLICIA TORREVILLAS/METRO

▶ Canadian comedian James Cunningham in Vancouver trying out Roaming Dragon's pork slider for Food Network Canada's new show Eat St.

More choices for street food

City to announce 19 new street food vendors today ◐ New Food Network Canada show explores the mobile food truck phenomenon

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Vancouverites will have more food-on-the-go options as the city today unveils 19 more vendors under its street food program.

The new vendors were chosen by a panel of food bloggers, chefs, food industry and business experts.

Food carts have been popping up across North America and have even spawned a television show on Food Network Canada to showcase the street food phenomenon.

"If you look at Japa Dog, it's a little hotdog cart but they made so much money off this one concept that they're opening another cart, a U.S. store and I think even a new restaurant," said James Cunningham, Eat St. host and comedian.

Eat St. hopes to unite street-food lovers by scouring North America for the most delicious and most outrageous dishes served from kitchen-on-wheels.

The series, which begins airing Wednesday, tells inspiring stories of chefs and owners venturing into the mobile food truck industry and peeks behind-the-scenes to see how their dishes are created and served.

The program

Food cart pilot project 2010.

- 17 vendors chosen by lottery
- Close to 800 applications
- Food offerings represented almost 21 countries

1 news

The bizarre job of reporting from Gadhafi's 'gilded cage' for foreign journalists in Libya. Scan the code for the story.

1. Download the free ScanLife application with your smartphone at 2dscan.com
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3. The codes will direct your mobile browser to relevant content at m.metronews.ca

Harper and Ignatieff take the day off, as Layton steals the show. Video at metronews.ca

Liberals' style stands out at platform launch

Election 2011

Never mind the substance, check out the style.

The Liberal campaign platform launch yesterday wasn't just an opportunity for the party to tout its "family pack" policy agenda paid for by billions in business tax hikes.

The online launch of the 94-page document was designed as a study in contrasts between Liberal Leader Michael Ignatieff and Prime Minister Stephen Harper as Canadian voters consider their ballot choices for May 2.

"This is what democracy looks like," Ignatieff said, speaking without notes or TelePrompTer in a hotel ballroom ringed with seated supporters.

"This is the right way to do it, folks ... You put ideas out, you defend them clearly and then you stand and answer questions in front of the Canadian people."

The launch format included video addresses from Liberal candidates heralding four family-friendly platform elements: pension reforms; post-secondary education; home care; and early childhood education.

THE CANADIAN PRESS

Red Book launch

The detailed Liberal platform release comes unusually early in the 36-day campaign.

- It mirrors the Liberal launch of their 1993 campaign "Red Book" that was also delivered in a budget-style media lock-up at a downtown Ottawa hotel — designed to lend an air of credibility to a policy blueprint.
- This time, the document also went out online, something Michael Ignatieff said made "a little bit of history."

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper plays ball hockey with a group of youngsters in Ottawa yesterday.

Harper sticks to tax credits

Stephen Harper started the second week of his federal election campaign in his personal comfort zone: Listening to some AC/DC and playing a little hockey.

He stayed in his policy comfort zone as well.

Harper announced that, if elected, the Tories would double the existing tax credit for children's sports to $1,000 and introduce a $500 credit for adults.

But neither will come into force until the budget is balanced — or not until 2015-16, according to Tory estimates.

"Our approach is clear — when we can afford it, we will lower your taxes," Harper told a campaign event yesterday at an Ottawa gym, where a group of young martial artists kicked and punched the air behind him.

THE CANADIAN PRESS

INVENT THE FUTURE CONTEST 2010

CONGRATULATIONS IRVING!

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IRVING DIAZ

VIDEO: *LEDs: THE LIGHTING OF THE FUTURE!*

AGE GROUP: 20-24

Vancouver Film School student Irving Diaz is a grand prize winner in BC Hydro Power Smart's Invent the Future Contest — an online contest created to raise awareness about the importance of energy conservation. Irving's winning video is all about LEDs and how they're a better choice than CFL and incandescent bulbs. View his entry at www.inventthefuture.ca.

WWW.INVENTTHEFUTURE.CA

BC hydro powersmart

NDP pans 'Red Books'

Jack Layton brushed off both the Liberal platform release and claims that one of his Quebec candidates flirted with separatists yesterday as the NDP campaign continued trying to find its footing.

Without having read the Liberal program, Layton dismissed it as hollow, suggesting the promises in the party's "Red Books" over the years "were broken in record numbers."

It was left to one of Layton's unelected candidates, Francoise Boivin — a former Liberal in Gatineau-Hull — and Layton's wife, Toronto NDP incumbent Olivia Chow, to dissect the platform in detail.

It was a curious strategy, given that the NDP are battling Liberals for much of the same electoral turf, and that Liberal Leader Michael Ignatieff appeared to make gains at Layton's expense during the first week of the May 2 campaign.

THE CANADIAN PRESS

Tory staffer lashes out on Facebook

A junior Conservative staffer has lashed out at his own party on Facebook, citing "stupidity" among the party's communications staff.

Tony Phillips posted a message urging the Conservatives to let Prime Minister Stephen Harper answer more than five questions a day from the media.

THE CANADIAN PRESS

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Markets rock steady

Analysts expect Canadian job gains of up to 30,000 Jobless rate for March projected to dip

Stock markets look set to extend gains this week amid signs that the U.S. economic recovery is gaining momentum.

The U.S. labour department reported Friday that the economy created 216,000 jobs last month, which was above expectations. The jobless rate edged down one-tenth of a percentage point to a two-year low of 8.8 per cent.

The U.S. numbers sent the Toronto stock exchange up five per cent for the first quarter. But economists are concerned about oil prices, which could throw the global economy and U.S. recovery off track. Oil surged about 25 per cent over the past six weeks as a wave of protests took hold across the Middle East.

Meanwhile, the Canadian dollar could rise further this week when traders see the latest employment report. Statistics Canada is expected to report another month of strong gains.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 14.05 (14,130.15)	+ 0.55¢ (103.69¢ US)	+ $1.22 US ($107.94 US)	$4.362 US (– 2.7¢ US)
			Gold contracts $1,428.90 US (– $11 US)

Urban. Refusal

▶ Twitter has asked for an exemption from San Francisco's payroll tax in exchange for a promise to move its thriving business to 1355 Market St. on a block teeming with transients, drugs and crime.

JEFF CHIU/THE ASSOCIATED PRESS

Tax deal is bitter tweet

A proposed tax break for one of the world's hottest social media companies has sparked a storm of outrage in San Francisco. As an incentive for moving its headquarters to a blighted inner-city block, Twitter has asked to be released from the city's payroll tax on new hires. But politicians and union members have condemned the proposal as a poorly crafted gift to the rich. And low-income residents worry that revitalization will just lead to higher rents. Twitter declined to comment on the fracas.

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US models shown. Some options and accessories may vary or may not be available in Canada. *Limited time finance offer available through Volkswagen Finance, on approved credit, on select new vehicles. MSRP of $15,875/$20,475/$27,875 for a new and unregistered 2011 Jetta 2.0L / 2011 Golf 3-door 2.5L / 2011 Tiguan 2.0T base model with 5-speed / 5-speed / 6-speed manual transmission. Price excludes $1,365/$1,365/$1,580 freight and PDI. Financed at 0% APR for 36 months equals $478.89/$606.67/$818.20 per month. Monthly payment finance example includes freight and PDI (with base MSRP of $17,240/$21,840/$29,455) only. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $17,240/$21,840/$29,455. PPSA, license, insurance, registration, any dealer or other charges, options, and other applicable taxes are extra. Dealer order/trade may be necessary. Offer excludes TDI Clean Diesel models. **Receive up to $500 towards Volkswagen Original Accessories, with the lease or purchase of any new 2011 Tiguan model. Certain conditions apply. No cash value. Excludes labour and tires. Offers end June 30, 2011 and are subject to change or cancellation without notice. †Up to $750 rebate for recent college or university graduates. Certain conditions apply. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "TDI", "TDI Clean Diesel", "Jetta", "Golf" and "Tiguan" are registered trademarks of Volkswagen AG. "Volksfest" and "Das Auto & Design" are trademarks of Volkswagen AG. © 2011 Volkswagen Canada.

Urban Compass

PAUL SULLIVAN

CELEBRATING VANCOUVER

As Vancouver approaches its 125th birthday, it's time to give some thought to "Vancouver."

Like, what are we doing here anyway? There are as many answers as there are people who live here, and that's about 2.5 million. I realize there are people who see themselves as proud residents of Port Coquitlam or Surrey, and all I can say to you is your eastern relatives think you live in Vancouver.

It's Vancouver on the big map of the world. It's the 2010 Vancouver Games, etc.

Most of us are from Somewhere Else. I imagine we all thought much the same thing: We're going to a beautiful place that's prosperous and free (yet expensive). So let's get going.

After 24 years, I can still say it's beautiful, prosperous and free (yet even more expensive.) We all want to see it stay that way, but what does that mean?

If you're the mayor, you love its greenness, and want to make it even greener. Your idea is more bikes, fewer cars.

If you're car dealer Jimmy Pattison, fewer cars is not a good idea. Instead, how about some swell towering skyscrapers?

If you're Wendy Pedersen of the Carnegie Community Action Project, nuts to the skyscrapers and bring on clean, warm, safe affordable housing for those who need it.

If you're Judy Williams, the above clash of wills is too stressful and noisy, so let's keep Wreck Beach naked and free. Cue the acoustic guitar music.

Whoever you are, there's something about "Vancouver" that encourages you to look ahead to the future, not dwell on the past. Not that there's much past to dwell on, unless you're from Xwayxway, which was here for, oh, 5,000 years before Vancouver was incorporated.

Of course, one person's future is another one's nightmare. And we have not made it to 125 unscathed. A downside of freedom is that we jealously guard the right to say anything we want, no matter how stupid.

For me, the great thing is that we come from all over the world, not just to escape, but to come to something better. And, vague as it is, "better" unites us. It also makes us insufferable to our relatives back east, and "back east" is everywhere from Manitoba to Mumbai, Toronto to Taiwan.

But wherever I go, I rarely meet anyone who wouldn't trade places with me in a New York minute.

Vancouver is the brand for beautiful, prosperous and free.

Let's see if we can keep it that way for at least another 125 years.

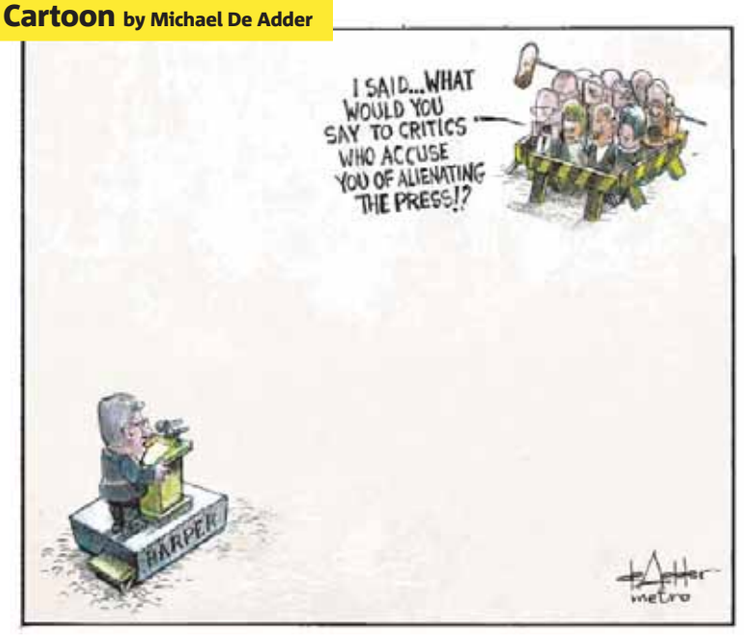
Letters

GATINEAU, Que. By voting or not, young Canadians will decide May 2 whether our country will move towards greater assistance to banks and large corporations or towards a growing economy based on wealth sharing and Canadians' well-being.

An analysis of EKOS polling between July 7 and Sept. 28 of last year suggested Canadians between the ages of 18 and 24 would elect a Liberal minority government, with a substantial increase in representation for the New Democrats, Bloc Québécois, and Greens. The Conservative party would be severely reduced, virtually wiped out in Ontario, Quebec and the Maritimes.

Unfortunately, only 37 per cent of eligible voters between the ages of 18 and 24 exercised their democratic duty during the 2008 federal election. Let's hope these facts will catch young voters' attention and bring them to the ballots May 2. More than ever, the future of a Canada for all Canadians is in young Canadian voters' hands. **BRUNO MARQUIS**

Cartoon by Michael De Adder



WEIRD NEWS

Pillows and feathers fly across the globe

People in cities across the globe took part in mass pillow fights as part of International Pillow Fight Day. Pillow fights were held in a number of Canadian cities, including Calgary, Vancouver, Montreal, Toronto and London.

In Vancouver, the flash mob was organized on Facebook and several hundred people showed up with pillows and proceeded to knock the stuffing out of them in a frenzied fight outside the Vancouver Art Gallery.

In London's Trafalgar Square, people came dressed in pyjamas, dressing gowns and fancy dress to take part in the good-natured pillow fight Saturday afternoon. Most people carried feather-filled pillows that exploded as they fought.

London's Metropolitan Police said yesterday the event had been peaceful and they had no reports of any trouble.

Organizers listed similar events in more than 130 cities around the world. The fights were organized by The Urban Playground Movement, which wants to encourage people to make use of public spaces.

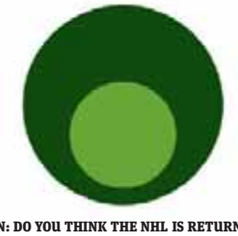
METRO

Take the poll online at metronews.ca

Do you know who you are voting for?

78% YES

22% NO, THAT'S WHAT ELECTIONS ARE FOR



TODAY'S QUESTION: DO YOU THINK THE NHL IS RETURNING TO WINNIPEG AND QUEBEC CITY?

Local tweets

- **@joshlavoie:** OK La Nina, I've had just about enough out of you. Go away! #yvr
- **@anatingor:** The Canada geese have returned to #YVR! They're alive and well, and honking away outside our window. #signsofspring
- **@kevinmilligan:** Canada line good: 21 mins yaletown to #YVR Airport. Bad: no down escalators.
- **@AshlyKissman:** Heading to my first Ultimate Frisbee Practice with my work team :-) Hopefully the sun will come out. wish me luck! #yvr
- **@geoffgornall:** Soaking up the best of #yvr @arania with a beauty of a day. "Van-cou-ver city mama. Take me home, boundary road"
- **@FoxxyCanuck:** I'm sorry I didn't tweet much during the game ... it was my first, and though the #Canucks lost, it was bloody fantastic!!! #NHL #YVR
- **@LangaraYMCA:** Good morning #vancouver! Hope everyone has been enjoying their weekend! #langara #ymca #vancity #yvr

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Sheen's Torpedo turns into a bomb

Former sitcom's star opening night in Detroit does not go over well with fans who paid big bucks for tickets Torpedo of Truth tour greeted with boos and calls for it to be ended

CARLOS OSORIO/THE ASSOCIATED PRESS

▶ Charlie Sheen performs at the Fox Theatre in Detroit, Saturday. He came out with his "goddesses" holding "War" and "Lock" signs.

Charlie Sheen and his "goddesses" took the stage to thunderous applause Saturday night for the first leg of his Torpedo of Truth tour. The 70-minute show hadn't even ended when the first reviews were in, and they were brutal.

The former Two and a Half Men star showed that comedic success on the screen doesn't necessarily translate to the stage, and the capacity crowd at Detroit's 5,100-seat Fox Theatre rebelled before the show ended, chanting "refund!" and walking out in droves.

Linda Fugate, 47, of the Detroit suburb of Lincoln Park, left the theatre and walked up the street yelling, "I want my money back!"

She said she paid $150 for two seats.

"I was hoping for something. I didn't think it would be this bad."

Sheen's publicist Larry Solters declined to comment after the show, but Sheen reappeared after the house lights went up to thank those who remained.

Fans who arrived at the theatre — some who had to fly in for the show — said they were hoping to see the increasingly eccentric actor deliver some of the colourful rants that have made him an Internet star since his ugly falling out with CBS and the producers of Two and a Half Men.

They got the ranting. It just wasn't funny.

"I expected him to at least entertain a little bit. It was just a bunch of ranting," said Rodney Gagnon, 34, of Windsor, Ont.

On Twitter, where Sheen has amassed some 3.4 million followers, some fans were already predicting a premature end for the planned 20-city tour, which was scheduled to resume last night in Chicago.

"Charlie Sheen thanks for saying goodbye! Piece of advice cancel the rest of your tour," someone tweeted under the name ChrstosMo.

The show started well for the 45-year-old Sheen, with the audience standing and cheering as he and the women he calls his "goddesses" took the stage. The women, a former porn star and an actress who live with him, carried placards with the words "War" and "Lock," a reference to Sheen's recent description of himself as a warlock.

"I don't see a single empty seat," he said.

Not long into the show, though, an audience member booed, prompting Sheen to sanguinely reply, "I've already got your money, dude."

Things only got worse.

THE ASSOCIATED PRESS

2 scene

Scene in brief

The Easter bunny has hopped into the top spot at the weekend box office. Russell Brand's family comedy Hop debuted at No. 1 with $38.1 million, according to studio estimates yesterday.

Jake Gyllenhaal's action thriller Source Code debuted at No. 2 with $15.1 million. The haunted-house tale Insidious opened at No. 3 with $13.5 million.

THE ASSOCIATED PRESS

Lohan's Betty Ford brawl tape released

Rehab worker, Lohan heard screaming and hurling insults on 911 call from clinic ◐ Prosecutors found insufficient evidence to file any charges

The yelling- and expletive-filled 911 call from the night of Lindsay Lohan's infamous Betty Ford Center brawl has been released, according to Radar Online.

During the call, both Lohan and clinic worker Dawn Holland can be heard complaining to the operator, yelling at each other and struggling over the phone.

"Lindsay Lohan is being rude. She's gotten on the phone with her mom and she's telling her mom I'm being rude to her, which I'm not," Holland says in the recording. METRO

GETTY IMAGES

▶ Lindsay Lohan

Celebrity tweets

@joelmchale

"In the Cedar Rapids Iowa Airport. A man is drinking Mountain Dew & eating a carton of cubed cheese 4 breakfast."

@chriscolfer

"Watching the news. How are animals still escaping from the zoo? We have hovercrafts but we can't invent a monkey-proof lock?"

@azizansari

"India won some cricket thing! I'm Indian!!! Yaaaaaaay!!!"

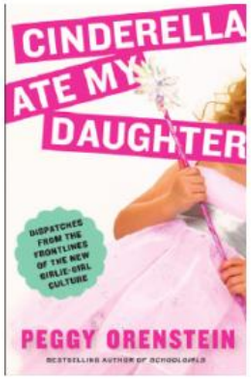
@oliviamunn

"Made a Britney joke, then a door hit me. God's on Britney's side. Not mine. Got it."

Beckham dishes on baby names

David Beckham stopped by Jimmy Kimmel Live to talk about how excited his family is to be welcoming the arrival of its first daughter — and to dish on possible baby names.

"We've got a few in mind, but we also said to the boys, 'Give us some ideas,'" Beckham said. "When we got told it was a boy, Romeo said, 'How about Justin Bieber as a name? Justin Bieber Beckham?' So now that we know it's a girl, he was like, 'How about Justine Bieber Beckham?'" METRO



The Britney factor

- Britney Spears' new album, Femme Fatale, debuted last week
- Author Peggy Orenstein examines the long-lasting — and damaging — effects of the 'girl power' pop star's sexuality

SAM D'AMATO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

▶ Spears on a recent morning TV show.

In your new book Cinderella Ate My Daughter, you write about how Disney princess culture has altered your little girl's view of sexuality. It reminded me of Britney Spears, when she debuted in a schoolgirl outfit posing suggestively.

Yes, she set a template for a lot of the confusion that came after and was ironically a direct outgrowth of the Girl Power movement — she had an impact on the way Girl Power was commodified and changed. On the one hand, she was a breakthrough because she was a girl who was a star for girls, as opposed to, say, David Cassidy or Bobby Sherman or the Jonas Brothers today. But as such, she had this whole different approach. She was at once selling chastity and sex and combining them in this really weird way.

And she was doing this for really little girls, when she started.

It's hard to remember now, but one of her central fan bases was six-year-old girls, who would go to her concerts and scream and shout. She always talked about being a virgin. And she'd say, "If you see me as a Lolita, that's your problem." But everything she did completely contradicted that. It's this weird thing where she was sexualizing innocence and fetishizing it. So it was an ultimately incredibly disempowering stance for girls to see.

And what's been the fallout all these years later?

The culture has taken up that message. It plays into the diva culture of little girls right now, that accelerated makeup and hot dance moves, with Miley Cyrus and the like. I want to be clear: I don't come at this from a perspective to be negative about sexuality. It's just that when little girls have inappropriate sexuality — however it's imposed, by pop culture or adults they love — they don't understand it. The risk is that they never connect it and sexiness becomes a performance for them rather than something that involves intimacy. Instead they see sexiness as something they do for the pleasure and entertainment for others. As if self-objectification was a rite of passage.

You see that today: Young girls "sext" naked photos of themselves to their boyfriends.

With sexting, there's also an issue of sexual entitlement. Girls are feeling like they have to perform the idea that they're comfortable with their sexuality. And you have to wonder, what is it that they're getting? They don't have pleasure or control. What is the reality of what that act gives them? It's not anything healthy.

So what are parents supposed to do?

First, it's about limiting their access to media and such, when they're really little. And also trying to expand their ideas of who they are and what they can be, that's not linked constantly to playing at pretty or sassy (which is sexy with training wheels). Educate them and yourself.

Who is your daughter Daisy idolizing these days?

Well, this is going to sound politically correct but it's true. We went to a dinner the other night where this 99-year-old judo champion was being honoured. She was talking about, among other things, how one should be gentle, strong and beautiful. To illustrate "gentle" and "strong," she said she could walk up to a man twice her size (which wouldn't be hard, she was about four-foot-nine) and touch him with her index finger and he would collapse. And by beautiful, she meant not the externals but a beautiful heart. I told Daisy, "Look at her, isn't she amazing!" She was taken. She was into it.

3 life

New study

81 minutes...

is the amount of time working moms spend looking after their kids in the U.K. per week, according to a new study by the Organisation for Economic Co-operation and Development. That includes meals. Stay-at-home moms — and possibly Nanny McPhee? (pictured) — spent twice as much time.

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Pork chops with an apple twist

This pork dish can be served with rice or mashed potatoes Or pair it with your favourite veggies

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Cooking pork chops with the bone in offers up a juicy and flavourful dish.

And, with just a few other pantry staples, dinner is ready.

These pork chops are go perfectly served with rice or mashed potatoes and your favourite vegetables.

Preparation:

1. Place the pork chops on a plate and sprinkle both sides with the sage, thyme, salt and pepper. Dredge each pork chop in flour to coat, shaking off any excess flour.
2. In a large nonstick skillet heat the oil over medium high heat and the brown the pork chops on both sides. Remove to a plate and keep warm. Return the skillet to medium heat and cook the onion for 5 minutes or until softened. Add the apples and thyme and cook for 2 minutes. Add the cider and raisins and bring to boil.
3. Return the pork chops to the skillet and turn to coat. Simmer for about 5 minutes or until a hint of pink remains inside. Sprinkle with parsley before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA.

ISTOCK

▶ Add your favourite vegetables to this Apple and Raisin Pork Chop dish.

Ingredients:

- 4 bone in pork loin chops
- 1/2 tsp (2 mL) each dried sage and thyme leaves
- 1/2 tsp (2 mL) each salt and pepper
- 3 tbsp (45 mL) all purpose flour
- 2 tbsp (25 mL) extra virgin olive oil
- 1 onion, thinly sliced
- 2 apples (such as Empire or Cortland), cored and thinly sliced
- 1 1/2 cups (375 mL) apple cider
- ¼ cup (50 mL) raisins
- 2 tbsp (25 mL) chopped fresh Italian parsley

Out of time?

Despite declining participation for the Earth Hour, experts insisting that it's still a relevant event today

BEN KNIGHT
LIFE@METRONEWS.CA

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Has Earth Hour run its course?

The fourth annual Earth Hour was observed across Canada last Saturday evening. From 8:30 to 9:30 p.m., lights dimmed in hundreds of communities, as Canadians lent their efforts to a global initiative to reduce power use.

But in Canada at least, the savings were fairly negligible. Toronto saved only half the power of a year ago. Other big cities also showed reduced results, and in Edmonton, electricity consumption actually went up. So, was it a success? Is Earth Hour an idea that's worth pursuing?

"Absolutely, it's a useful exercise," says Stacey McCarthy, communications manager for WWF-Canada in Halifax. "We're very happy that the number of participating cities, municipalities and towns in Canada increased to 422 this year. It was 304 a year ago."

McCarthy insists rising participation — as opposed to kilowatt-hours saved — is the better measure of Earth Hour's effectiveness.

"The one hour is a symbolic demonstration more than an effort to save power," she says. "We just want to see awareness increasing, and that's what did happen. Earth Hour is becoming a common household term. It's exciting to see Canadians click in and say 'I need to do something about this.'"

Jennifer Link, spokesperson for Toronto Hydro, agrees.

"Generally, conservation is a year-round activity," she says.

"This is an awareness-raising tactic to get people excited about conservation. Why wouldn't you do it? It generates interest, and gets people thinking about conservation for the longer term."

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

HELP FOR ECO FEMALE HYGIENE

I have three daughters, which has me wondering about the greenest alternatives when it comes to feminine hygiene products. Can you help? *Sherry of Montreal*

The two main considerations when buying the greenest feminine hygiene products are materials and waste.

Tampons and pads are made of highly absorbent rayon (from wood pulp), often blended with cotton (grown with pesticides), and they sometimes contain additives like chemical fragrances.

Although companies that test the cotton fibres say you won't find detectable levels of pesticides in your product, the fact remains that growing conventional cotton accounts for 25 per cent of the insecticides and more than 10 per cent of the pesticides used around the world.

Then there's all that plastic, with wings, applicators and each product individually wrapped.

One option is to buy tampons without applicators or tampons and pads made from 100 per cent certified organic cotton, processed chlorine-free with the least amount of packaging.

The average woman will go through about 11,500 tampons in her lifetime.

So the least wasteful option is to switch to a reusable menstrual cup.

These are made from natural latex rubber or silicone and can be used for up to a decade.

You can also check online for other products.

David Suzuki Foundation

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HE'S GONE WITH THE WIND

Gazing out the window might not be a waste of time after all

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

A moment of entrepreneurial inspiration can strike anywhere. For Alex Stuart, it was while looking out the window of his condominium at the roofs of the Winnipeg Skyline.

"Look at all that unused real estate," Alex thought to himself, as he came up with an idea to harness its space and energy.

"I started researching wind turbines and came across the vertical axis design. I fell in love the simplicity of the model."

Stuart and his partner Justin Phillips at Global Wind Group are now marketing their technology to India, several countries in the Caribbean and Canada's Northern Territories where electricity is expensive and difficult to maintain.

It also hasn't been plagued with the problems facing the large scale turbines because of its compact, vertical design and minimal noise.

"Some entrepreneurs will sell at this stage, recoup the money and go on. We're really motivated to keep this going and stay in the business."

Are you thinking about starting your own business but are in need of some inspiration?

Follow Alex Stuart's lead. Sometimes all it takes is opening your eyes and looking out the window.

Business advice

Stuart's tips for new entrepreneurs.

1. Do your market research – it's critical
2. Find qualified mentors
3. Seek investment well before you run out of money
4. Be prepared for bankruptcy
5. Keep your eye on your cash flow

▶ Alex Stuart

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Play harder, work harder

BOOK REVIEW

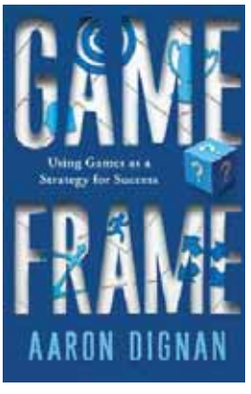
CRAIG LUND
WORK@METRONEWS.CA

Most would agree, if we were more stimulated and challenged by our work, our contentment and job satisfaction would be in a warm, fuzzy place.

Aaron Dignan, author of Game Frame, suggests that the medium of "gaming" is designed to address these issues systemically alluding to the infamous line by Mary Poppins; "You see, in every job that must be done, there is an element of fun. You find the fun, and snap! The job's a game."

Dignan points out the two distinct symptoms of this boredom.

A Lack of Volition or "the will to do something: the motivational and internal drive to see it through" and Lack of Faculty, which is 'the belief that we have the skills and tools to handle the challenges we're facing."



The typical approach managers take to dealing with these two issues is by providing an incentive or reward... and if that is not successful plan B is to threaten said employee. Neither approach has long term success.

"Tackling a lack of volition or faculty with blunt instruments like rewards or punishments simply ignores the fact that the activities and experiences causing these symptoms aren't any fun."

The good news is that we are learning machines and thrive most when we experience that feeling of learning something new in fact our brain even rewards us with a hit of opioids "natures pleasure drug" which is what creates that "feeling."

Dignan's insights into the power of play and gamification of work provide compelling insight into not just why we need to change our systems from the inside out... but how.

This is a book for the frustrated manager and avid gamer.

CRAIG LUND IS THE PRESIDENT ELECT OF THE AMERICAN MARKETING ASSOCIATIONS TORONTO CHAPTER AND CAN BE REACHED AT HELLO@CRAIGLUND.CA

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STUDENT VOICES

ROBERT KANIA
TALENTEGG.CA

▶ Robert Kania is the founder of AllergyTrails.com, the world's leading food allergy review community.

It was March of 2005, and I was on the verge of finishing an undergraduate degree in English at Queen's University in Kingston, Ontario.

I was also working full-time in a managerial capacity at a bar and nightclub on campus. I generally don't take on a job or project unless I'm prepared to pour my heart and soul into it.

I was lucky to be aligned with others that operated the same way, in my role as manager of food operations at the Queen's Pub and Alfie's Pub on campus. Our team was able to achieve exceptional results, and we ultimately went on to turn around two struggling campus operations.

One night in the spring of 2005, after months of hard work, I received an unexpected voice mail message from the food service rep that I dealt with when ordering food and supplies. This individual worked for SYSCO Food Services and he mentioned that his company was interested in hiring a bright, ambitious grad.

If I was interested in working with their company upon graduation, I should apply, and he would provide me with a stellar reference.

That voice mail message ultimately led me to apply for a position in sales and marketing for SYSCO Food Services. I was accepted for the role and I moved from my hometown of Toronto to beautiful Victoria, B.C., where I spent the next five years living, working, and enjoying all that the west coast of Canada has to offer.

If you're a student, the bottom line is this: That summer job you have, or that part-time position you're working in while you're in school, can lead to much bigger and better things. If you do an excellent job with what you've got to work with, people will notice and job offers might just come your way out of the blue.

But the key is, you need to do an outstanding job, even when you think no one is watching. It all starts with the right attitude and you need to recognize opportunities when they come your way.

Where Robert is now

After working with SYSCO for two years on the west coast, I started my own venture distributing natural health products. In 2008, I decided to return to school for an MBA at the University of Victoria.

Upon completion of the MBA in 2010, I founded AllergyTrails.com — the world's leading food allergy review community. I am currently focused on building AllergyTrails.com into a thriving online community of individuals affected by food allergies.

Robert's resumé

Robert Kania:

Graduate: Bachelor of Arts, English, Queen's University

Graduate: Masters of Business Administration, University of Victoria

Key take-aways from Robert's school-to-work transition

- Do more than just go to class when you're in college or university – while working or volunteering, you'll develop skills, experience and connections you would never have access to in school.
- Go above and beyond expectations in everything you do, even if you're just working part-time pouring coffee, serving tables or folding clothes to make ends meet. You never know who will notice your hard work.
- Whenever possible, take on leadership positions. You will be recognized for successes under your leadership. Plus, the number one thing top Canadian employers look for on students' resumés is leadership experience.

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Canadians start off at top of heap

Winnipeg rink's three games on weekend draw near-capacity crowds at Regina's Brandt Centre

Canada's Jeff Stoughton picked up his third straight win to open the Ford Men's World Curling Championship yesterday despite German skip Andy Kapp's one-man show.

Stoughton's Winnipeg team shot 90 per cent to Germany's 71 in a 7-4 victory, but Kapp compensated for his teammates' mistakes with some pressure shots to keep the game close.

"We have to give credit to Andy Kapp because that could have been a blowout for sure," said Stoughton third Jon Mead.

Canada scored two points in the third and seventh ends with last-rock advantage and stole one in the tenth, while Germany couldn't muster a multi-point end when they had the hammer.

Kapp drew for a piece of the button surrounded by three Canadian stones in the fourth end to tie the game 2-2. The German skip faced four Canadian counters in the sixth and again drew in for one to make it 3-3.

"It's good to know we've got the game to hold off a hot skip and make some great shots ourselves," Stoughton said.

"Andy Kapp was a one-man wrecking crew. At times it felt like seven against one out there."
STOUGHTON THIRD JON MEAD ON GERMAN SKIP ANDY KAPP

Stoughton's front end of second Reid Carruthers and lead Steve Gould dominated German counterparts Andreas Lang and Holger Hoehne with shooting percentages about 20 per cent higher.

"I had to make some circus shots to keep us alive, but it was not enough to win this game," Kapp said. "We needed to make more shots to put pressure on them, but we were under pressure the whole game."

Kapp is appearing in his 13th world championship and has the most career wins at 66. He has yet to collect one here as his team dropped to 0-2.

Canada got a breather yesterday with just one game before splitting today's games between the morning and evening draws. Stoughton takes on Dong Keun Lee of South Korea (0-3), followed by Pete Fenson of the U.S. (1-1) at night. THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Canadian skip Jeff Stoughton watches his shot against Germany at the Ford Men's World Curling Championship in Regina yesterday.

Devils miss playoffs for first time since '90s

For the first time since 1996 the New Jersey Devils are not going to the playoffs.

The Devils' post-season streak ended Saturday night when they lost 3-1 to the Montreal Canadiens. For the past week, the end of the Devils' run was just a matter of time. A 1-4-1 slide had made the outcome inevitable, along with a miserable start that left New Jersey 27 points out of a playoff spot in early January. A frantic 23-3-2 burst drew the Devils within six points of a playoff spot a couple of weeks ago. THE ASSOCIATED PRESS

20 The Devils' post-season streak was the league's second longest. Detroit recently extended its streak to 20 straight seasons.

Sports in brief

Small schools deliver ratings

The Final Four pairing of Virginia Commonwealth and Butler didn't hurt TV ratings.

Saturday night's 8.9 rating and 17 share on CBS tied for the highest since 2005. The championship game is tonight at 9 p.m. THE ASSOCIATED PRESS

Shaq's return short-lived

NBA. Shaquille O'Neal lasted a little more than five minutes in his return for the Boston Celtics yesterday before limping off the floor. He went back in for the second half, but went to locker-room in the first minute. THE ASSOCIATED PRESS

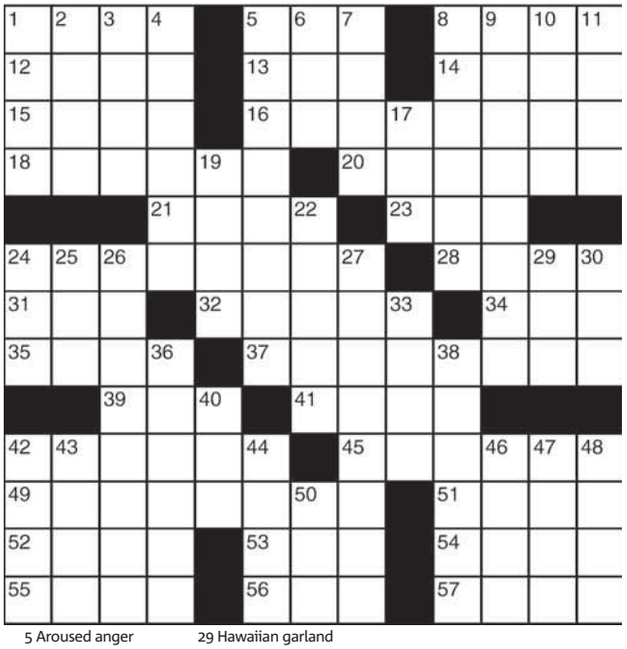
4 sports

Quoted

"We played a very good series. The effort was outstanding all the way to the final pitch."
BLUE JAYS MANAGER JOHN FARRELL AFTER A 4-3 LOSS TO THE MINNESOTA TWINS IN TORONTO YESTERDAY. THE JAYS (2-1) OPENED THE SEASON FRIDAY WITH A 13-3 ROUT IN FRONT OF A SELLOUT CROWD BEFORE DOWNING MINNESOTA 6-1 SATURDAY. THERE WAS SOME RARE ELECTRICITY AT THE NORMALLY STAID ROGERS CENTRE, WITH 35,505 FANS TAKING IN THE FINALE.

"We had a lot of fun in here this weekend ... We gave ourselves multiple opportunities and we just came up short here in the ninth."

Crossword



Across

1 Opposed to
5 Central
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12 Iowa crop
13 Alias abbr.
14 Erte's art style
15 Grand story
16 Wicker-encased bottle
18 Insist on
20 Served tea
21 Appear to be
23 Spoon-bender Geller
24 Outward manner
28 Slithery fish
31 Eggs
32 Male voice
34 Born
35 Instrument of Marxism?
37 Insanity
39 Youngster
41 Harvard rival
42 Upper part of the foot
45 Maidens of Greek myth
49 Blue-stater
51 Hen pen
52 Slender
53 Japanese sash
54 Earthenware pot
55 Sea flock
56 Govt. media monitor
57 Agrees silently

Down

1 Scored 100 on
2 "Unh-unh"
3 Decorate, perhaps
4 If
5 Aroused anger
6 Eisenhower
7 Moist
8 Urge earnestly
9 Get one's bearings back
10 Rue the run
11 007
17 Debtor's letters
19 All spruced up
22 Cash
24 Homer's interjection
25 A Gabor sister
26 Skilled shooter
27 Amoristic
29 Hawaiian garland
30 Caribbean or Caspian
33 Depend (on)
36 Mountaineer's spikes
38 Without dissent
40 Calendar abbr.
42 Not busy
43 — -do-well
44 Lecture hall VIP
46 Equestrians' game
47 Maintain
48 Resorts
50 "Wipeout" network

▶ Weekend's answer

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P	O	R	T	L	Y		B	E	D			
			H	U	M		E	C	Z	E	M	A
H	O	U	R		P	O	R	T	U	G	A	L
O	R	S	O		I	D	E	A		A	Y	E
D	R	A	W		A	D	A	R		D	O	E

Sudoku

2		1				4		9
	5	9	7		4	3	1	
8								7
			3		9			
	8			4			3	
			8		6			
4								2
	3	2	6		8	5	4	
1		5				8		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

3	1	6	2	5	8	7	4	9
4	5	8	9	7	1	6	3	2
7	2	9	6	3	4	1	5	8
5	6	2	1	4	7	8	9	3
9	7	1	3	8	2	4	6	5
8	4	3	5	9	6	2	1	7
2	3	4	8	6	9	5	7	1
1	9	7	4	2	5	3	8	6
6	8	5	7	1	3	9	2	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

I Love you too Courtney D. Over two and a half years and still going strong. But always remember Courtney feet used to be Courtney sweet. But guess what? ... They still are. <3

Dear Debra, Thank you for keeping us sheltered and being so good to us. You are the honey to our hive. Love, **THE HIVE**

Tom, That was the last weekend we had apart. Fom now on the time is ours. Can't wait to cuddle up and sleep in whenever we want. Love you forever and completely, **RUTH**

To my Princess. You get more and more beautiful every time I see you. Thank you for this wonderful, amazing second time around. We've got it right this time, don't we? I love you, baby.
JJ

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** March 21-April 20 What good is life if you can't treat yourself to a few harmless dreams.

♉ **Taurus** April 21-May 21 The planets urge you to get over whatever it is that has made you a bit depressed.

♊ **Gemini** May 22-June 21 If someone makes you an interesting offer don't just assume there must be a catch.

♋ **Cancer** June 22-July 22 You won't get people to follow you simply by barking orders at them.

♌ **Leo** July 23-Aug.23 What happens over the next 24 hours will prove you were right..

♍ **Virgo** Aug. 24- Sept. 22 Make every hour, every minute and every moment count.

♎ **Libra** Sept. 23-Oct. 23 Life is as good as you want it to be, so want it to be perfect in every way — and it will be.

♏ **Scorpio** Oct. 24-Nov. 22 Get busy on that artistic project you have been thinking about.

♐ **Sagittarius** Nov. 23-Dec. 21 Not everyone is against you and even those who are act mainly out of fear. trust more.

♑ **Capricorn** Dec. 22-Jan. 20 If you don't push yourself a bit today you'll feel as if you have let yourself down. Get busy.

♒ **Aquarius** Jan. 21-Feb. 18 You've always been adventurous, but now there's a purpose to your travels.

♓ **Pisces** Feb. 19-March 20 . What is your highest ideal? Can you live up to that vision of yourself? Yes you can.

SALLY BROMPTON

Caption contest

DMITRY LOVESTKY/ THE ASSOCIATED PRESS

JOHN WAGNER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Libéral

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This is *Harper's* Canada.

$30 BILLION

wasted for stealth fighter jets we can't afford! Contract awarded to one supplier with no competitive bids!

$6 billion per year

in tax cuts for big corporations, even though taxes in Canada were already lower than other countries!

$1 BILLION

wasted on mismanaged G20 summit in Toronto! $1.9 million wasted to build fake lake beside real Lake Ontario!

$13 billion

wasted for sprawling U.S.-style mega-prisons! This is reckless out-of-control spending!

WASTE WASTE WASTE!

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Don't waste your chance to let them know it's time to stop.

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